

Hillcrest High School

Grade 10

LIFE ORIENTATION

NOVEMBER 2024

MARKS: 100

EXAMINER: Mrs Kowlesur

TIME: 2 Hours

MODERATOR: Mr White

NAME: _____

LO TEACHER: _____

- Write only in black or blue pen. **Work in pencil or any other colour will not be marked. Do not use correction fluid or highlight any answers.**
- Remember to write your name and your LO teacher's name in the space above.

THIS TABLE TO BE FILLED IN BY THE TEACHERS ONLY:

Q1 (10)	Q2 (10)	Q3 (10)	Q4(20)	Q5 (20)	
ESSAY 1 (15)	ESSAY 2 (15)				<u>100</u>

SECTION A (Compulsory) 30 Marks

Answer all the questions in this section.

QUESTION 1 (10 Marks)

Various options are provided as possible answers to the following questions. Choose the most correct answer and **circle** the correct letter.

1.1 The acronym SETA stands for:

- A. Sector Education and Training Authority
- B. Sustainable Education and Training Authority
- C. Sector Education and Training Association
- D. Sector Evaluation and Training Association

1.2 A medical doctor falls in the following sector:

- A. Education
- B. Health
- C. Law and Order
- D. Finance

1.3 A niche job refers to:

- A. Professions or occupations existing in the labour market
- B. A specialised job that requires unique skills and knowledge
- C. A job requiring basic skills
- D. Using skills that are common in doing a range of activities in the job

1.4 A current trend in the global market is:

- A. Cash is losing its status
- B. Use of more unsustainable products
- C. Less demand for plant-based food
- D. Online orders of products are decreasing

1.5 Changing career patterns include:

- A. One career for life
- B. Working from 8 to 5 pm
- C. Hybrid work
- D. Work in an office environment only

- 1.6 Refers to the skill of analysing and evaluating information:
- A. Evaluation
 - B. Critical thinking
 - C. Assertiveness
 - D. Assessing
- 1.7 The ability to work with numbers and do calculations:
- A. Literacy
 - B. Numeracy
 - C. Technology
 - D. Communication
- 1.8 Emotional changes during adolescence often include:
- A. A decreased intensity of emotions
 - B. Stability in mood and behaviour
 - C. An increased intensity of mood swings
 - D. A decreased need for peer acceptance
- 1.9 A physical change during puberty includes:
- A. Wanting to take dangerous risks
 - B. Having mood swings
 - C. Pimples or acne
 - D. Spending more time with peers
- 1.10 Substance abuse:
- A. Ensures that you have a highly developed sense of responsibility
 - B. Does not include the harmful use of alcohol, drugs and other products
 - C. Includes abuse of over-the-counter medication
 - D. Does not include the abuse of steroids

QUESTION 2 (10 Marks)

Write one word/term in the space provided for EACH of the following descriptions.

2.1 Laws of a religion that have been written down.

2.2 In this religion the eight steps along the path to enlightenment is followed.

2.3 The festival of lights celebrating the triumph of good over evil.

2.4 In this religion there are 5 pillars.

2.5 Belief in only one God.

2.6 Natural substances that are produced by the body and that influence the way the body grows and develops.

2.7 Refers to the part someone has in a family, society or other group.

2.8 To correct something that is unfair or wrong.

2.9 Believing that some people or ideas are better than others- this belief usually results in treating some people unfairly.

2.10 Believing unfairly that all people or things with a particular characteristic are the same.

QUESTION 3 (10 Marks)

Match the terms in Column A to the description in Column B. Write your answers in the table below.

<u>A</u>	<u>B</u>
1. Primary	A. The economic sector that focuses on manufacturing and processing finished products.
2. Scarce skills	B. The economic sector that deals with providing services and infrastructure.
3. Secondary	C. The potential for advancing to higher positions in any workplace.
4. Competency	D. Skills that are in high demand but in short supply in the job market.
5. SAQA	E. The ability to do something efficiently/successfully.
6. Trend	F. Set of guidelines which register the records of learner achievements
7. Salary	G. The financial compensation one receives for having performed your job according to your job contract.
8. Tertiary sector	H. Makes and implements policies for the registration and implementation of education and training providers.
9. Promotion	I. The economic sector that deals with extracting raw material.
10. NQF	J. A general direction of change, the way the market is moving

1	2	3	4	5	6	7	8	9	10

SECTION B CASE STUDIES (Compulsory) 40 Marks

Read both the case studies and answer all the questions that follow in full sentences.

QUESTION 4 (20 Marks)

80% OF TEENAGERS GLOBALLY ARE TOO INACTIVE – AND IT COULD SHORTEN THEIR LIVES

More than 80% of school-going adolescents worldwide are not getting enough regular exercise, the World Health Organization (WHO) found in the first survey of its kind.

The recommended amount for children aged 11-17 is "at least one hour of physical activity per day to impact their cardiovascular fitness levels," the WHO says. But 85% of girls and 78% of boys are falling short of that goal.

Naturally, there are regional variations and cultural explanations for inactivity. However, there is one universal truth: young people who are too inactive today are at high risk of health problems tomorrow.

Inactivity and a ¹sedentary lifestyle can cause numerous worrisome ailments in later life. Obesity in particular has become one of the biggest health concerns in many parts of the world. It has almost tripled since 1975, and in 2016, the WHO classified 650 million people as obese. In total, 1.9 billion people are classified as overweight.

On the contrary, people forget the fact that physical activities may involve everything a person may do in his/her space, as long as it could lead to sweating, risen heart rate, heavy breathing, muscle stretching etc. Therefore, keeping busy is necessary for one to keep certain fitness levels.

Glossary:

¹ sedentary: characterised by or requiring much sitting; accustomed to little exercise.

*[Adapted from <https://www.weforum.org/agenda/2019/12/adolescents-youth-inactivity-exercise-health-obesity/>
Accessed on 18th March 2024]*

Adapted from Teenactiv 2024- Accessed on 13/09/2024

4.1 Explain what is meant by the term “*adolescence*”.

(2)

4.2 Explain why young people are so inactive today.

(1X2)

4.3 Discuss two reasons why physical activity can be beneficial to the emotional well-being of adolescents.

(2X2)

4.4 Discuss 2 health problems that adolescents may experience due to their inactivity.(2X2)

4.5 Explain ONE negative social challenge that adolescents may experience in their peer group. (2)

4.6 Describe ONE physical change that could negatively impact an adolescent's relationship with others. (2)

4.7 Explain two ways that adolescents could incorporate exercise into their routines without having to spend money doing so. (2X2)

QUESTION 5 (20 Marks)

VACANCY (Sample)

Hillcrest High School has a post available for a committed and enthusiastic, **MATHEMATICS/MATHS LIT TEACHER** to teach Grades 8-12. If you tick all of the boxes in the ad below, you need to apply!

Closing date and time: Thursday 29 February by 14h00.

Applications will be accepted via email: admin@hhs.co.za. Please include a letter of application, your CV with contact details for 3 references, academic transcripts, and proof of SACE registration to The Principal by no later than 29 February 2024, 14:00.

Please note: Only shortlisted candidates will be interviewed. If you have not been contacted within 14 days of this advertisement’s closing, please accept that your application has been unsuccessful. Hillcrest High School, in line with POPIA (Protection of Personal Information Act) will attempt to ensure the confidentiality of all applicants for this role. All reasonable measures will be in place to protect personal information used in the recruitment, selection, and reporting process. By submitting your application for this position, you are recognising and accepting this disclaimer.

https://www.instagram.com/hillcresthighschoolkzn/p/C3Sh1X3Mlv1/?locale=es_US%3FCID%3DBLOG_MBF_ES. Accessed on 12 September 2024.

5.1 What post is being advertised in this job advertisement? (1)

5.2 In which economic sector is this job? Provide a reason for your answer. (1+1)

5.3 List 2 other careers/jobs in this economic sector. (2)

5.4 What is the work setting for this job? (1)

5.5 What does the term "shortlisted" mean? (2)

5.6 Identify which type of learning a teacher would have to undergo (formal/informal/non formal) and list one institution that would offer this. (1+1)

5.7 Discuss **TWO** options that are available for those who do not want to go to higher education at any point after they have matriculated. (2X2)

5.8 Mathematics is part of STEM Education. List 2 other fields that form part of STEM Education. (2)

5.9 Discuss 2 trends in the global market.

(2X2)

SECTION C (ESSAYS) 30 Marks

- Answer any **2 of the following 3 essays**. Clearly indicate which essays you are choosing.
- You will answer your essays on the pages attached at the end of this section.
- Your answers must be in paragraphs. One-word answers/phrases will not be accepted. It is not necessary to show any planning.

QUESTION 6 (15 Marks)

Experts agree that Lifelong Learning is the Key to Career Success

Experts agree that Lifelong learning is the key to career success. Many successful people understand how important it is to be continuously learning. The younger you are, the more obvious it is.

Unfortunately, companies now spend less money on training and professional development, so it is important for employees to have their own continuous learning strategies.

[Adapted from <https://www.sfweekly.com>; Accessed on 10 September 2021

As accessed from Teenactiv(12/09/2024)

Consider the above and write paragraphs on:

- The definition of lifelong learning (1) and analyse the impacts of lifelong learning on someone's career. (2X2)
- Describe formal, informal and non-formal learning (3X2)
- Discuss the impact of "companies spending less money on training and professional development". (2X2)

QUESTION 7 (15 Marks)

UNFAIR PRACTICES IN SPORT

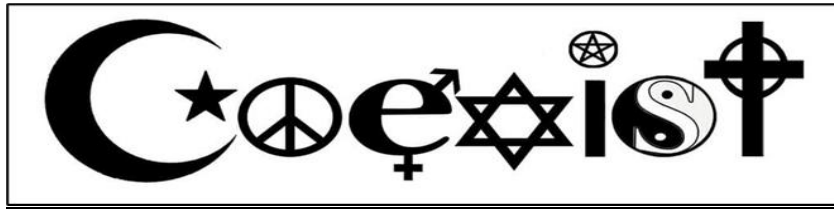
Using steroids to improve athletic performance is considered cheating and can lead to athletes being penalized or banned from participating in sports. More importantly, using performance-enhancing steroids can have serious, long-term health consequences.

<https://orthoinfo.aaos.org/en/staying-healthy/the-risks-of-using-performance-enhancing-drugs-in-sports/> Accessed 12/09/2024

Study the above and write paragraphs as follows:

- Define "doping in sport" (1) and discuss 2 reasons why athletes may take part in doping in sport. (2X2)
- Explain two ways in which different sports bodies could discourage doping in their sport (2X2)
- Discuss the long-term health consequences of using performance-enhancing steroids. (2)
- Define match-fixing and subjective umpiring as unfair practices in sport. (2X2)

QUESTION 8 (15 Marks)



The dilemma of religious intolerance

Most wars in the world are attributed to religious intolerance where one religious group may consider its religion as the ultimate one that needs to be followed by everyone.

[Adapted from <https://www.thelehrhaus.com/scholarship>: Accessed on 01 September 2021

As accessed from Teenactiv 12/09/2024

Consider the above and write paragraphs on the following:

- Define the term religious tolerance (1) and discuss two values that guide individuals towards religious tolerance (2X2)
- Explain two reasons why it is important to have knowledge of many religions in South Africa (2X2).
- Define the term tradition (2) and discuss one tradition in each of the following religions: Judaism and Christianity(2X2).

